



*Town of Chatham*  
*Department of*  
*Natural Resources*



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## **Coronavirus (COVID-2019) Advisory Information – 02/27/20**

The Town of Chatham Health Division and Chatham Board of Health are monitoring the COVID-19 outbreak in Asia and Europe, and the progress of COVID-19 cases in the United States. We will review and post the most up-to-date information from dependable sources to keep you informed.

Our Town has an emergency response plan for public health emergencies should we need to implement it. For the latest on case counts and up to date information, we recommend visiting these websites for reliable information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.mass.gov/guides/information-on-the-outbreak-of-2019-novel-coronavirus-covid-19>

As of this writing, Massachusetts has one confirmed case of COVID-19 and the risk to our residents remains low.

At the same time, the risk for the influenza virus is very high. It is important to note that residents are much more likely to become sick with a cold or the flu than to be exposed to COVID-19. The Health Division is continuing its efforts to provide flu prevention strategies to the public. Over 8,000 people in this country die each year from influenza. Many of the symptoms of Influenza and Coronavirus are similar and some of the precautions are the same. Basic precautions include:

- Frequent handwashing, for 20 seconds with hot water & soap.
- Clean and disinfect frequently touched objects and surfaces.
- Cough hygiene – into a tissue when possible (throw it away immediately) or into your elbow if necessary.
- Avoid touching your eyes, mouth, or nose with unwashed hands.
- Avoid contact with those who are ill.
- Stay home yourself from work or school when ill.

We continue to have a supply of seasonal flu vaccine available. It is not too late to get a flu shot. Please contact the Health Division at 508 945-5165 to arrange for a flu shot with the VNA of Cape Cod.

Judith Giorgio, R.S. M.P.H.  
Health Agent